

# Men vs. women

One common condition.  
Two sets of symptoms.

More than **1 million** Americans experience a heart attack each year. Health conditions such as diabetes, high blood pressure, high cholesterol, being overweight and smoking increase heart attack risk. You may know that heart disease is a top health concern for men and women — including Railroad employees and family members. But did you know that men and women can have very different symptoms?

If you think you can recognize a heart attack, don't be so sure. It rarely looks like it does in the movies. Watch for these warning signs.

## HEART ATTACK WARNING SIGNS

### HIS

Symptoms more common to men:

COLD SWEAT OR NAUSEA



RIGHT-SIDE CHEST PAIN



RAPID OR IRREGULAR HEARTBEAT



STOMACH DISCOMFORT



SHORTNESS OF BREATH



### HERS

Symptoms more common to women:

LIGHTHEADEDNESS OR DIZZINESS



PRESSURE OR PAIN IN THE CENTER OF THE CHEST



PAIN IN THE ARMS, BACK, NECK OR JAW



INDIGESTION OR GAS-LIKE PAIN



UNUSUAL FATIGUE



Although these experiences are more common for women, they can also be symptoms for men.

## ACT FAST

If you have symptoms and you're not sure what's causing them, call 9-1-1. Treatments work best within one hour of when heart attack symptoms start, so:

- » **Don't** delay getting help
- » **Don't** drive yourself to the hospital
- » **Don't** have a friend or relative drive you, either
- » **Don't** worry about overreacting or feeling silly if you're wrong

## Improve your health with help from a coach

When you're ready to start working towards better health, a wellness coach can create a nutrition and fitness plan to help lower your heart attack risk. This service is provided to you and your covered family members at no additional cost as part of your Railroad benefits. All support is kept confidential.

- Aetna – Wellness Coach: **1-866-213-0153**
- Highmark Blue Cross Blue Shield: **1-866-267-3320**
- UnitedHealthcare: **1-866-735-5685**

*Coming next month: Healthy habits to get your kids off to a good start.*

